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FILMMAKER DANNY BOYLE
HOPES TO REUNITE THE
CAST OF TRAINSPOTTING
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Sweeping up at Sochi

Londoner Mark Ideson's
team grabs a gold medal at
the wheelchair curling
championships in Sochi,
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Holy Roman Twitterverse

Good news for the faithful:
The Pontifex Twitter account
is back. Metro takes an inside
look at social media and the
Vatican **PAGE 8**

Yippee, I'm at work!

Yes, it's true: Some people
really love their jobs. Fun and
freedom are the common
thread among Fortune's top
100 companies **PAGE 14**



WHAT A WONDERFUL WORLDS

Ice dancers Scott Moir of Ilderton and London's Tessa Virtue perform for the home crowd during Sunday's gala at the World Figure Skating Championships at Budweiser Gardens. The extravaganza featuring 24 individual skaters and pairs marked the end of the week-long competition. For more on the wrap-up, see pages 3, 4, and 17. ANGELA MULLINS/METRO



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Canadian skater and hockey fan Patrick Chan, left, is pictured Sunday with Bethany Wood, Global Spectrum marketing co-ordinator at Budweiser Gardens, after getting his very own London Knights jersey. The jersey Chan is holding will be placed in the London Knights store at the venue. Chan will take home the other jersey, which has his Twitter handle "P. Chiddy" on it. The hockey sweater was presented by the Knights and Budweiser Gardens. ANGELA MULLINS/METRO

Figure skating worlds 'better than envisioned': London officials

'Awesome.' Economic analysis expected in a few months



ANGELA MULLINS
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London's performance during the World Figure Skating Championships is testament to what can happen when everyone works together for a common cause, officials say.

Sure, there were blips along the road.

Restaurants reported less business than expected mid-week. Downtown was a bit less crowded than some had envisioned.

And, perhaps most disappointing for fans, home-

town favourites Tessa Virtue and Scott Moir didn't come away with gold.

But, "all told, I think the whole thing was awesome," said Janette MacDonald, general manager of the Downtown London business association. "It's put London in a great global light. Generally speaking, I think everyone's had a great experience."

The city put its best foot forward for the week, creating a festival atmosphere around the championships and paying special attention to downtown, including extra police patrols.

MacDonald plans to make a bid for some of the extra love, including a litter-snatching Clean Team that patrolled streets, to continue.

As for quibbles by some

At a glance

- More than 62,000 people came through the doors of Budweiser Gardens to watch the World Figure Skating Championships, which started on March 11 and wrapped up on Sunday.
- 6,650 tickets were available during events, with sold-out crowds reported for both Saturday skating sessions. There were near sell-out crowds on Thursday, Friday and for Sunday's closing gala.
- More than 22,500 people visited the Light Up London fan festival at the Family Zone and Skate Canada House.
- Ticket sales matched expectations, Skate Canada president Benoît Lavoie said in a statement. Lavoie praised the city for greeting "the world with open arms."

SOURCE: SKATE CANADA

businesses, Tourism London general manager John Winston doesn't expect they'll be reflected in the bottom line.

Skate Canada has com-

missioned the Canadian Sports Tourism Alliance to do an economic analysis of the event. Results are expected in the next couple of months.



Officials have estimated the London area would see a \$28-million boost.

"I think we might surpass (that) based on the spending we've seen," Winston said on Sunday.

"This has been an extraordinary success. It's better than we ever envisioned it to be."

1 NEWS

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Fans have their say

We asked fans at Budweiser Gardens Sunday during the finale of the World Figure Skating Championships: What was your favourite part of hosting the worlds?

ALL PHOTOS BY ANGELA MULLINS/METRO



"I'd have to say seeing Tessa (Virtue) and Scott (Moir) skate live. For sure, they're my favourite."

Ashley McGarry, 22, London



"It's so close (to home). That's been the amazing part. ... It's really a dream come true to be able to do this."

Laura Grunder, 38, Waterloo



"It's great for our economy. It brings people together."

Al Islam, 37, London



"To see the athletes from all over the world coming here. You think of London being a small place, but it's actually not."

Adam Kwajafa, Dashwood (age not given)



"Everything. I'm a huge fan of figure skating, I'm a figure skater myself, so being able to attend something like this is really incredible."

Lea Kuliczowski, 21, Toronto

Worlds a 'complete experience': ISU

Wrap-up. Skating union official more than satisfied with London's hosting job



JOHN MATISZ

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A top International Skating Union official has praised London and Londoners for the job they've done hosting the World Figure Skating Championships.

"As a total event, there's been such involvement and commitment from the city and the various levels of government, etc.," ISU first vice-president David Dore said at a news conference Friday morning.

"Even the store windows are festive, so skating has consumed the whole atmosphere, and that's where we would like to be, rather than have a group of people enter the building, leave the building."

Budweiser Gardens has been operating under full capacity throughout the worlds.

Heading into Friday, no event had sold out.

Already a small venue by ISU standards with a 9,000-person limit, this has raised concerns in the skating community.

But Dore subscribes to a different school of thought.

"What's interesting here is that some people are saying there's actually more people at the practices than some events — that in itself is rather encouraging," Dore said. "I think (the skaters) are stimulated (by that enthusiasm)."

London's worlds are the 10th such event held in Canada, bringing in 164 skaters from 41 countries. Geography has forced thousands of fans from figure-skating hot spots like Japan and Russia to experience the worlds via TV and the web.

But, Dore said, that's not necessarily a bad thing.

"Seeing the tremendous growth of technology and social media, it is necessary to be aware of the need to explain and adjust our sport to ensure relevancy and strong continuum," Dore said.

He boldly suggested the event might even be reaching



International Skating Union first vice-president David Dore speaks Friday during a news conference held at Budweiser Gardens. JOHN MATISZ/METRO

a wider audience than usual, despite the smaller-than-usual venue.

"To me, I don't really see that that's an issue. It's an issue of change," he said. "I think what is really more important is the fact that this is called the

'worlds of involvement.'"

And as for the involvement here in London, Dore is more than satisfied.

"There are certain activities in and around the event for the skaters, the skaters' families, and also the fans and audi-

ence," he said. "They've made it a complete experience for everyone."

In 2001, the second-last time the figure-skating worlds were hosted by a Canadian city (Calgary hosted in 2006), an objective of the ISU was to cre-

Tweet-tweet

We asked Londoners on Twitter: Have you attended the World Figure Skating Championships or any of the related festivities? Why or why not?

- @SDesserud: Daughter attended practices Mon/Tues. We went d/t last night - see light show, watch skating outside. Was great! Glad we went
- @BrianBlatnicki: Attended - because it brings more to a city than fan excitement.
- @KathyNavackas: Attended! #ldndont knows how to put on events! I don't miss any event - love the buzz & excitement.
- @ServantHeart72: We went to enjoy the lights show & tents outside, enjoyed all the decorations in Victoria Park too. Proud #ldndont

ate a better all-around atmosphere. London has followed the lead of 2001 host Vancouver, Dore said.

Budweiser Gardens food company hits jackpot



Budweiser Gardens staffer Ashley Colquhoun, left, of London, passes a gluten-free sandwich to journalist Sabine Colpart of France on Friday.

JOHN MATISZ/METRO

The people must be eating somewhere, right?

Several local restaurateurs told Metro on Thursday about unfulfilled expectations — that the 2013 World Figure Skating Championships had made little to no impact on business.

"I'll be happy if we break even," said Seve Sanfilippo, manager of The Rocks on King, a restaurant and bar located across the street from the Budweiser Gardens' busiest entrance.

Perhaps unsurprisingly, the vast majority of figure skating

fans got their hunger satisfied within the Gardens, leaving many nearby eateries over-stuffed.

Ovations, the venue's food-service company, has benefited greatly from the event's presence, in large part due to the competition's interval-based schedule. Manager Trevor Moore is ecstatic.

"To be honest, even in my best projections I didn't envision it to be as busy as it has been," Moore said Friday. "It's been going incredible."

Figure skating competitions

of this magnitude demand frequent stoppages in order to resurface the ice. As well, in between events the fans only have enough time to stretch their legs and quickly grab a bite to eat.

Rushing outside to get a food fix has been an uncommon occurrence. "People are saying, 'This is great, we don't have to leave,'" Moore added.

A pre-worlds strategy implemented by Ovations — its decision to operate a gluten-free food stand over the course of the week — has worked won-

ders. Moore says it became its "own force," with sales from the gluten-free stand rivaling permanent spots.

While staff were already prepared to include healthy alternatives, like fruit trays, on virtually all food-serving hub menus inside the arena, the gluten-free stand was an entirely different project.

"I've been in this industry for a while and I always like to try things out. Some stick but most don't," Moore said. "This week has opened up my eyes again." JOHN MATISZ/METRO

Stolen property

Police charge 3 after hit and run

Three people, including two young offenders, have been charged after a hit and run Friday morning.

At 6:46 a.m. around Brydges and Childers Streets, police responded after a vehicle, telephone pole and a local business were struck. The total damage is estimated at \$12,500.

Police found a licence plate at the scene and later picked up the suspects and vehicle around Lorne Avenue and Elizabeth Street. Both young offender males and Charles Perry, 33, of London were charged with possession of stolen property.

A 17-year-old was also charged with theft of a motor vehicle, and a 14-year-old was charged with being an occupant of a motor vehicle without consent.

METRO

Two people died

Police reviewing report on deadly blast in Woodstock

Woodstock police say they're reviewing a report by the Ontario Fire Marshal's office on a deadly explosion at an apartment building two years ago.

Two people died and more than 100 people were left homeless when a blast

destroyed the three-storey building at the end of March 2011.

Police Chief Rod Freeman isn't saying what's in the report, but says it will be made public once investigators have gone through it.

Police have said they found no evidence that criminal activity was to blame for the explosion. The bodies of 73-year-old Margaret Gillett and 79-year-old Bill Watmough were found in the rubble. **THE CANADIAN PRESS**

Unleashed animal

Dog gives toddler cheek abrasion

On Friday at around 6:30 p.m. a woman was walking with her four-year-old son in the Clara Brenton Woods. While walking, an unleashed, medium-sized black dog approached the boy and caused an abrasion to his cheek. Anyone with information is asked to call police. **METRO**

Fraser Institute report

Local high school No. 1 in Ontario

London Central Secondary School has taken the top spot in the Fraser Institute's annual report on 725 Ontario high schools. The report rates public, private, and Catholic high schools using data from annual province-wide tests of literacy and math.

AM980/AM980.CA

Money. Council salaries and spending revealed

Last summer, London city council voted to nearly double councillor expense budgets from \$8,000 to \$15,000.

Now, according to a document released by the City of London Friday, taxpayers can see who used the extra cash.

The 2012 Statement of Remuneration and Expenses Report for Elected and Appointed Officials shows total expenses ranged from about \$200 (Ward 10's Paul Van Meerbergen) to

almost \$15,000 (Ward 2's Bill Armstrong). All told, it appears each councillor, and the mayor, have stayed within the new boundaries.

Salaries were also reported. Mayor Joe Fontana is considered a full-time city staffer and was paid \$102,717 last year, while part-time councillors each received \$32,969.76.

For a full breakdown on benefits and expenses, visit metronews.ca. **JOHN MATISZ/METRO**

Limos versus cabbies. Court OK with taxi bylaw

A Superior Court judge has backed a city bylaw regulating the taxi industry saying politicians acted with "candour," "frankness," and "due diligence" in passing the rules.

Council approved the bylaw Jan. 31, 2012, and it went into effect July 1 of the same year.

The London Taxicab Owners' and Drivers' Inc. took the city to court in June 2012, saying the ordinance gives limousines an unfair business advantage over cabbies.

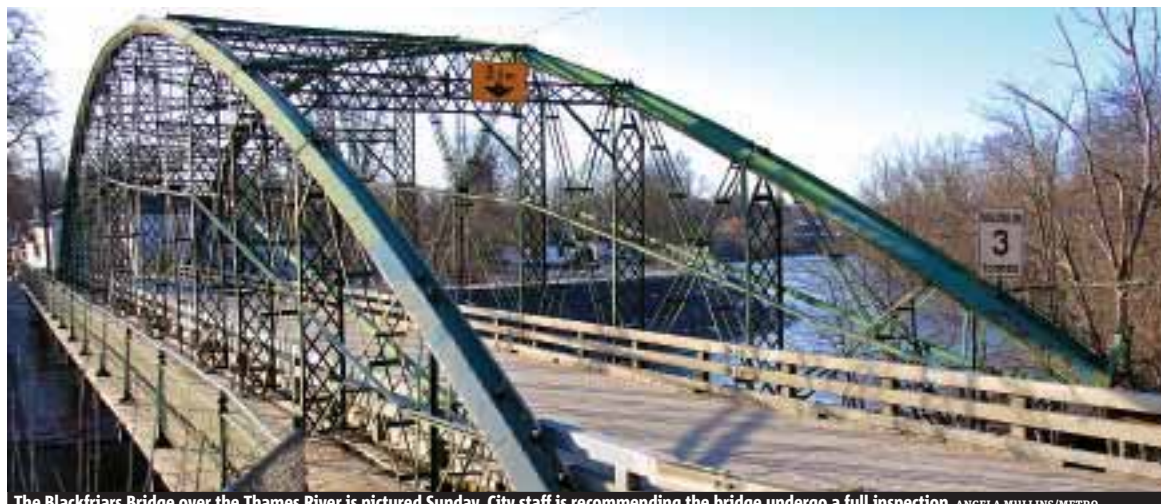
While the number of taxi licences issued in the city are

limited, limousines are largely unregulated, the taxi association argued.

The association also challenged changes to the limousine fare structure.

Under a previous bylaw, the city clerk was required to do regular reviews of limousine fares to make sure there was a 15 per cent differential between them and taxi rates. The new bylaw gets rid of the review but imposes higher limousine fares. The court ruling was handed down March 8.

ANGELA MULLINS/METRO



The Blackfriars Bridge over the Thames River is pictured Sunday. City staff is recommending the bridge undergo a full inspection. ANGELA MULLINS/METRO

Blackfriars Bridge needs TLC

City staff say an inspection is needed.

The checkup of the 138-year-old structure is expected to cost more than \$306,000

City staff is recommending a structural inspection of the Blackfriars Bridge.

The inspection, expected to cost more than \$306,000, is

needed, staff says, to create a long-term management plan for the 138-year-old bridge. The last detailed inspection was done in 1986.

A request to spend the money will be tabled during Monday's civic works committee meeting. If the inspection moves ahead, the bridge would be closed for several weeks sometime between mid-May and mid-September.

The wrought-iron structure, one of only three of its kind remaining in Ontario, reopened

last week after having its wooden deck fixed. Deck repairs are costing the city about \$35,000 a year, staff says in a committee report.

Doing the inspection will require building a custom scaffolding rig that allows for people to get under the bridge without adding extra weight to structure, officials say.

A long-term plan for the bridge could include an official maintenance program, structural reinforcement, deck alterations and changes to the

Where it's at

- Blackfriars Bridge carries two lanes of traffic and pedestrians over the Thames River, linking Ridout Street to Wharncliffe Road.

amount, load and kind of traffic allowed to use the bridge, officials say. The structure is considered a heritage landmark.

ANGELA MULLINS/METRO

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OHL. London Knights cap off impressive regular season with 50th win

The 2012-13 London Knights can hang their hats on a significant accomplishment, regardless of what transpires in the playoffs. They are just the fifth team in franchise history to record 50 wins. The 50-13-2-3 Knights, who clinched first overall in the Ontario Hockey League two weeks ago, claimed win No. 50 in a 6-2 Sunday night victory over the Sault Ste. Marie Greyhounds.

The regular season is now complete, so the club's attention immediately shifts to its first round opponent, the Saginaw Spirit. Since the series does not begin until Friday, though, let's take a look at some factoids from the 68-game journey. Of the 50 Knights wins, 24 were in succession thanks to an incredibly consistent two-month stretch. That victory spree, halted Jan. 1 by the Sarnia Sting in extra time, came within a win of tying the OHL record. In terms of defeats, a four-game period from Feb. 7 to Feb. 15 stands as the team's longest skid. The Knights also endured a pair of three-game slides over the course of the season.

London's record could have been rather pedestrian — they

went 7-3 in shootouts, and 5-2 in overtime — had its key players not turned it on when it counts. For instance, top centre Alex Broadhurst's nine game-winning goals were tied for second most in the league.

Although the 2012 Memorial Cup finalist roster finished its regular season with only one less win than this year's team, special teams have evolved from average to very good.

The 2012-13 Knights climbed eight and six spots, respectively, on power play and penalty kill league rankings. The power play saw a 5.5 per cent increase in proficiency over last year, while the penalty-killing unit improved by 2.3 per cent.

Finally, one of the more admirable figures to extract from London's regular season is its eight-player 40-point club. Only two other teams, the Plymouth Whalers and Sault Ste. Marie Greyhounds (both with 10), finished with more players notching at least 40 points.

That depth was rewarded in this year's Western Conference coaches' poll. The Knights led the survey with 12 top-three showings in 20 categories.

JOHN MATISZ/METRO



London Knights forward Max Domi finished the regular season with a team-leading 87 points (39 goals, 48 assists) in 64 games. JOHN MATISZ/METRO

No riot for Londoners this St. Patrick's Day

Fleming Drive. The site of last year's alcohol-fuelled spectacle was 'very quiet' Sunday: Police



JOHN MATISZ
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Early returns indicate the strategy was worked.

At press time, police had broken up only a handful of out-of-control parties and, all told, seized 21 kegs of beer. They are expected to release official data sometime Monday.

"We've had a couple of arrests for public intoxication, but nothing too serious," London Police Service Const. Ken Steeves said Sunday evening.

Meanwhile, Fleming Drive was "very quiet" throughout the day, Steeves adds.

Fleming, located near Fanshawe College's campus in the northeast part of the city, was the scene of utter dismay last March 17. The wrap-around street played host to an alcohol-fuelled riot, which climaxed when a CTV News van was flipped on its side and subsequently set on fire.

Police identified 68 people, arrested for 175 total charges, with the public's help in the months following. Many felt the damage was already done,

however, as the incident triggered negative national and international media attention.

A number of community groups took considerable measures to ensure unruly behaviour on Fleming — and elsewhere — did not resurface during the 2013 version of the Irish holiday.

Police teamed up with the London Fire Department, Fanshawe and Western University, among others, to make it crystal clear last year would be London's one-off embarrassment.

On top of deploying the largest contingent of officers ever for St. Patrick's Day, police used social media to provide on-the-fly party crashing updates. The online messages drew primarily positive reaction from citizens and enough popularity to trend nationally on Twitter.

"A party has just been shut down on Tower Lane, everybody is gone. 8 kegs seized. Don't attend this area," says one tweet from @lpsmediaoffice, the service's official Twitter account, posted around noon on Sunday.

Police concentrated efforts in downtown and surrounding areas, Steeves says, while also paying close attention to Fleming and other student-heavy neighbourhoods.

"Everyone is being compliant," he said. "They're being cooperative with direction given by police."



Top: Roxi Minto, left, a security guard working Sunday's Budweiser St. Patrick's Day on Carling Street, checks the I.D. cards from Kaillee Stewart, 21, of Toronto, and Maddie Flinn, 22, of Vancouver. St. Patrick's Day, whose organizers estimated they'd serve 3,500 patrons during a 14-hour celebration, was one of many St. Patrick's Day-themed events taking place in and around the city. Bottom: View of a fairly quiet Fleming Drive on Sunday afternoon — a stark contrast to chaotic 2012 St. Patrick's Day celebrations that resulted in 175 total charges to 68 people.

JOHN MATISZ/METRO



Quoted

"A party has just been shut down on Tower Lane, everybody is gone. 8 kegs seized. Don't attend this area." Tweet from @lpsmediaoffice, the service's official Twitter account

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Prisoners escape after climbing up a rope into chopper

Dramatic jailbreak. Quebec investigators confirm arrest of one of the two inmates who escaped by helicopter

A dramatic daylight jailbreak involving two Quebec inmates climbing a rope into a hovering helicopter swiftly escalated into a large police operation Sunday night in which at least one escapee was tracked down hours after he fled.

By Sunday night, police confirmed they had arrested Benjamin Hudon-Barbeau and two other suspects.

Authorities were still searching for the second escapee, Danny Provencal.

Police said an operation was

underway in Chertsey, Que., located about 50 kilometres north of the jail in Saint-Jerome from where the inmates made their escape.

"They are all being transported to the nearest police station to be questioned by the investigators," provincial police spokesman Sgt. Benoit Richard said of those in custody.

"They will be due in court tomorrow morning."

Richard wouldn't give any details about how the arrests were made or what those who had been arrested would be charged with.

Officers blocked off the main road in Chertsey, not far from the village of St-Marguerite, and were pulling over cars Sunday night.

Police had tracked down the helicopter about 85 kilometres

away in Mont-Tremblant, but only the chopper's pilot was still at the scene.

The pilot was taken to an area hospital where investigators were expected to speak with him. Police said it was too early to know what role the pilot had played in the escape.

Hours after the jailbreak, a Montreal radio station, 98.5 FM, received a call from a man claiming to be Hudon-Barbeau, who said he was "ready to die" as he tried to evade police.

"The way they're treating me in there, it's unreal," the man told the radio station. "They won't let me be. They put me back in prison for nothing."

THE CANADIAN PRESS

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First Sunday on the job

Pope Francis, seen here greeting a priest, began his first Sunday as pontiff by making an impromptu appearance to the public from a side gate of the Vatican. He startled passersby, but kept to his simple, spontaneous style by delivering a brief, off-the-cuff homily at the Vatican's tiny parish church. Dressed only in white cassock, Francis waved to the crowd in the street outside St. Anna's Gate and kissed babies before entering the church, which serves Vatican City State's hundreds of residents. L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

5 men confess

Swiss woman gang-raped in India

Police said they arrested five men Sunday in connection with the gang rape of a Swiss woman who was attacked in central India while on a cycling vacation with her husband.

All five men admitted to the attack, which occurred Friday night as the woman and her husband camped out in a forest in Datia district of Madhya Pradesh state. THE ASSOCIATED PRESS

Keystone XL

Pipeline ad runs in New York Times

The Alberta government, continuing to press its case for the Keystone XL pipeline, took out an ad in Sunday's New York Times newspaper, tying the controversial project to core American values and to U.S. pride in its military.

The half-page ad was headlined "Keystone XL: The Choice of Reason."

THE CANADIAN PRESS

Kitchener

Child killed in crash; driver faces DUI charges

A 53-year-old man faces impaired driving charges after a crash that killed a toddler in Kitchener.

Police say the 17-month-old girl was killed and her 36-year-old mother critically injured early Saturday evening when their Volkswagen Jetta was rear-ended by a cube van on Highways 7 and 8 (at Hallman Road).

They say the woman's 38-year-old husband also suffered minor injuries.

Investigators say their car had broke down and was sitting on the right side of the highway when the collision occurred.

The mother and child were flown by air ambulance to hospital in Hamilton where the child was pronounced dead, while the father was treated at a Kitchener hospital.

Hugh John Brake, of Kitchener, has been charged with eight offences including impaired driving causing death, dangerous operation of a vehicle, possession of marijuana and obstructing justice.

CIHR/CFRB/THE CANADIAN PRESS

Teen rape. High school football players break down during verdict

Two members of a high school football team were found guilty Sunday of raping a drunken 16-year-old girl in a case that bitterly divided this Ohio city and led to accusations of a cover-up to protect the community's athletes.

Steubenville High School students Trent Mays and Ma'lik Richmond were sentenced to at least a year in juvenile jail, capping a case that came to light via a barrage of morning-after text messages, social media posts and online photos and video that drew global attention. Mays was sentenced to an additional year in jail on a charge of illegal use of a minor in nudity-oriented material,

to be served after his rape sentence is completed.

The two teens broke down in tears after the verdict was read and later apologized to the victim. Both were emotional as they spoke, and Richmond began sobbing so heavily that he bent over and had to be helped back to his seat. Richmond's father, Nathaniel, also asked that the victim's family "forgive Malik and Trent for the pain they put you through."

Mays, 17, and Richmond, 16, were charged with assaulting the West Virginia girl, first in the back seat of a moving car after an alcohol-fuelled party on Aug. 11, and then in a house basement. THE ASSOCIATED PRESS



Ma'lik Richmond, 16, left, and Trent Mays, 17, were sentenced Sunday in an Ohio juvenile court to serve time in jail for raping a girl. KEITH SRAKOCIC/THE ASSOCIATED PRESS

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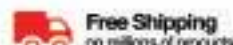
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Holy meets high-tech at the Pontificium Consilium de Communicationibus Socialibus

Vatican City. Metro gets an exclusive look behind the scenes at the Pope's social media office



ELISABETH BRAW
Metro World News in Vatican City

As I walk into his office, Paul Tighe is on the phone with Apple regarding The Pope App. Yes, this is the Pope's social media office.

And Monsignor Tighe's operation would put any newspaper to shame. In the office next to his, a team tweets, adds content to the news portal news.va, uploads photos to Flickr, fine tunes The Pope App (for Android and Apple devices) and monitors livestream video.

"We have the Habemus Papam tweet ready to be sent out," Miguel Chavarra, a young Spaniard, tells me. Sure enough, the very same evening, as soon as a cardinal has announced the magic words that make Jorge Mario Bergoglio Pope Francis, the tweet

Quoted

"Jesus went into the marketplace and preached the Gospel. Digital media is the new marketplace. We can't be afraid to go there."

Monsignor Paul Tighe, head of the Pope's social media operations

goes out.

"Today's news model is short news and lots of images, and that's good for the church," explains Tighe, an Irish priest who's been in charge of the Pope's social media operations — formally known as Pontificium Consilium de Communicationibus Socialibus — for the past five years.

"The church has always been very visual, and communications is like theatre. Just think of all the people waiting to see the black and white smoke." Indeed, as soon as the white smoke emerged, millions of people had tweeted and retweeted the news.

Tighe's headquarters on Via



This screen grab shows the Vatican's English language Facebook page. FACEBOOK

della Conciliazione, in front of St. Peter's Square in Rome, illustrates the ironies of running the high-tech division of a millennia-old organization: it has a Latin name, but operates in Silicon Valley-speak.

The mostly young staff, including several interns, of about 30 work on state-of-the-art computers in offices decor-

ated with the ubiquitous pictures of the Virgin Mary.

In fact, the otherwise conservative Vatican embraced social media early on. "The people who listen to us can bring the information to a wider audience," says Tighe.

"We've made mistakes while adopting to social media. One of the biggest

ones was to underestimate the dynamic and interactive nature of social media. One of our earlier forays was initially very successful but grew static because we didn't update enough. But we've learned. People often say, 'How can you talk the Gospel in 140 characters?' But so much of the Bible's teachings

Where to find the Pope

- **Web:** news.va
- **Twitter:** @Pontifex (Pope); @news_va_en (Vatican)
- **Facebook:** facebook.com/news.va, in different languages
- **iPhone, Android:** The Pope App (free)
- **Flickr:** flickr.com/photos/newsva

are in 140 characters. Think of things like 'Love your neighbour as yourself.'

Adds Thaddeus Jones, the office's American-born coordinator: "And 140 characters can give you words of support and consolation."

One of the earliest adopters was Pope Benedict XVI himself. "He said that new media are a blessing," recalls Tighe. "He said, 'If Twitter is something that allows us to communicate the good news, especially to young people, then I'm very happy to do it.'"

Cruise ship troubles

Carnival Legend arrives in port after technical issues

A Carnival cruise ship that experienced technical issues with its propulsion system and cancelled one stop has arrived as scheduled in Tampa, Fla.

The Carnival Legend reduced its speed because of the problem and did not

stop at the Grand Cayman Islands. Carnival spokesman Vance Gulliksen said Legend arrived about 7 a.m. Sunday in Tampa, and passengers were off the ship by the normal debarkation time of 10:30 a.m.

Carnival stresses in a statement that the Legend's safety systems, steering and services onboard are functioning normally. Gulliksen said Legend was expected to

depart on time for its next trip, at a slightly reduced speed and with one itinerary change.

Last week, the Carnival Dream experienced problems with an on-board generator while docked in St. Maarten. Passengers were being flown home. A month ago, passengers on the Carnival Triumph spent five days in the Gulf of Mexico without power or working toilets.

THE ASSOCIATED PRESS

Hacking victims feel 'hung out to dry,' Rowling says

Celebrities like J.K. Rowling and Hugh Grant accused the British government on Sunday of letting down the victims of media intrusion and urged tough new measures to rein in Britain's unruly press.

Lawmakers are to vote Monday on rival plans for tougher controls in the wake of the country's phone-hacking scandal.

The Conservative-led government says it will propose a new press watchdog with the power to levy fines of up to about \$1.5 million. But hacking victims say the regulator must be backed by a new law to give it real teeth — something Prime Minister David Cameron opposes.

Harry Potter author Rowling, who testified previously to a media ethics inquiry about the impact of intrusive media upon her family, said she and other victims felt they "have been hung out to dry" by the government.

Grant, who won damages for phone hacking by Rupert Murdoch's now-defunct News of the World tabloid, said hack-



British author J.K. Rowling poses during the launch of her book *The Casual Vacancy* in September 2012. Rowling and other high-profile victims of the U.K. media scandal say Prime Minister David Cameron has let them down. THE ASSOCIATED PRESS FILE

dropped on voicemails, bribed officials for information and hacked into computers in a relentless quest for scoops.

The scandal has brought the demise of one newspaper — Murdoch's News of the World — along with dozens of arrests and resignations, scores of lawsuits against Murdoch's media empire and a public inquiry into media ethics.

That inquiry, led by Lord Justice Brian Leveson, last year recommended the creation of a strong press watchdog body dominated by non-journalists and backed by government regulation.

Rowling accused the prime minister of letting down hacking victims by ignoring Leveson's proposals. "I believed David Cameron when he said that he would implement Leveson's recommendations 'unless they were bonkers,'" she said. "I did not see how he could back away, with honour, from words so bold and unequivocal."

"Well, he has backed away, and I am one among many who feel they have been hung out to dry." THE ASSOCIATED PRESS

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CURLER SETS SIGHTS ON SOCHI

The highs and lows of Mark Ideson's life over the last six years should be easy to pinpoint.

The ultimate low was when the now-36-year-old married father of two was laid out in a hospital bed six years ago with 29 broken bones, including two in his neck that caused spinal cord damage and technically left him a quadriplegic.

A helicopter crash had sent Ideson to the hospital, where he spent six weeks before moving to St. Joseph's Health Care's rehabilitation centre for another five months.

A licensed pilot for seven years, Ideson crashed his helicopter into a field west of Cambridge during a test flight on Feb. 2, 2007. Doctors gave him the worst-case scenario for a prognosis: he'd never walk again.

But he has defied many of the initial prognoses. He quickly gained the use of his arms and legs, and although he's confined to a wheelchair, Ideson is able to walk with the aid of a walker.

And intensive physiotherapy over the years has allowed the Londoner to participate in many of the activities he



URBAN COMPASS
Todd Devlin
london@metronews.ca

enjoyed in his pre-accident life, most notably the sport of curling — which brings us to Ideson's ultimate high over the last six years.

That occurred last month when he travelled to Sochi, Russia, and competed in the 2013 World Wheelchair Curling Championships alongside the Canadian team that won its third gold medal in the last four years. The Londoner, who served as an alternate on the team, said the experience was an unforgettable one.

"A few of the highlights for me were meeting players from across the world, and the excitement and enthusiasm of the volunteers," he said, adding that he'll never forget throwing his first rock in the international competition.

The Canadian team, led by skip Jim Armstrong, played 12 games in all, beating Team Sweden 4-3 in the final. Ideson saw action in only one game as the alternate, but was thrilled to contribute to the victory.

"I felt extremely proud and honoured," he said. "And I felt fortunate to be surrounded by such a positive and supportive group of teammates and staff."

Prior to his accident, Ideson had curled able-bodied with his friends in a league in his hometown of Parry Sound. He has now been curling in a wheelchair at the Ilderton Curling Club for three years.

In 2011, he skipped his Ilderton team to a third-place finish at the Ontario Wheelchair Curling Championships, and then won the same event in 2012. At last year's Canadian Championships in Thunder Bay, he earned a bronze medal.

Now, he's hoping to return to the international stage next year when the Canadian team heads back to the Ice Cube Curling Center in Sochi for the 2014 Paralympic Games.

"I'd love to have the opportunity to go back," Ideson said. "The team hasn't been announced yet, but all I can do is continue to practice. I'm going to work hard and be physically and psychologically prepared for whatever the coaches and team require of me."

Follow Todd Devlin on
Twitter @UrbanCompassLdn



ZOOM

A cool way to say goodbye to winter



DENIS TYRIN/THE ASSOCIATED PRESS

Ice castle gets demolished

People storm a snow castle during celebrations of Maslenitsa, or Shrovetide, outside Marfino village, some

52 kilometres north of Moscow on Sunday.

Maslenitsa is a traditional Russian holiday marking the end of winter that dates back to the pagan times.

THE ASSOCIATED PRESS

Pagan tradition is popular

Celebrations include pancakes (the pagan symbol of the sun), carnivals and the burning of scarecrows.

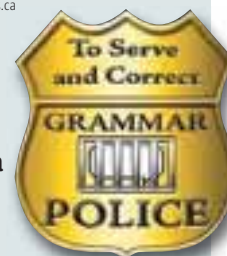
Despite the tradition's pagan roots, it has been integrated into the Orthodox calendar and survived the advent of Christianity and the Communist era that banned religions. THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Woe to those who send tweets with reckless disregard for grammar. Because out there lurks a vigilant army of Twitter bots, each devoted to catching a common error and quick to publicly shame with a retweeted rebuke. Here's a few:



Your in America Bot (@yourinamerica)

Fun fact about people who don't know the difference between you and you're, yet still consider it their place to scold others on how to speak, eat and behave when "your in America": They don't like being corrected either.

Stealth Mountain (@StealthMountain)

A personal favourite, Stealth Mountain's watchful eye has plenty of scorn for those who confuse sneak peek with "sneak peak."

CapsCop (@CapsCop)

"Looks like someone forgot the combination to their caps lock," and "On Twitter no one can hear you scream," are among the supply of chides CapsCop has for those who prefer to express their anger LIKE THIS.

Letters

RE: Horse as the Main Course, published March 4

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

This quote, attributed to Gandhi, illustrates the progress Canada could make if it took a more innovative and humane approach to the slaughter of meat animals by world standards.

We are known for peacekeeping, what about the end of life treatment of our meat horses? What about a more peaceful death? Horses require special end of life management, they are not cows but

rather are a prey animal and as such have heightened awareness.

Canada needs slaughter plants that are set up specifically for horses — tough job. Horses smell fear, smell blood, hear alarm vocalization and will jerk and throw themselves around to escape danger. Slaughter houses are not quiet. Special floors cut down on hazards but slippery conditions cause horse falls and injuries. Slaughtering horses is dangerous for the human handlers. Horses will struggle and flip themselves to get away.

Canada can be the world leader in innovative horse slaughter practices and then in good conscience ship overseas.

Marielee Wolfe, Calgary, Alta.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca



What has happened to Renton and crew in the last 20 years? HANDOUT

Trainspotting, all grown up

Sequel in the works. Director Danny Boyle confirms a draft of a script has already been completed, film hinges on original actors coming on board

NED
EHRBAR

Metro World News in Hollywood

Those rumours about plans for a Trainspotting sequel are true, and there's already

a draft of the script done, director Danny Boyle confirms. "These guys who in their early 20s as characters took enormous risks with their selves, with their bodies — what you can ingest, what you get away with at that age — what's it like when you hit your 40s, when you begin to creak and osteoarthritis begins to set in?" Boyle says. "I think it will be doubly reflective because the actors will have aged — you'll be looking at them 20 years older — the characters will be locked, presumably, inside their world still in Edinburgh in some way, and

the audience of course will also be older. You'll go, 'Wow, what happen to that 20 years? Where did that go?'"

Novelist Irvine Welsh published a follow-up to the original novel in 2002 called *Porno*, though it's unclear if Boyle's film would have anything to do with that book. But original screenwriter and frequent Boyle collaborator John Hodge is already on board. "John will write it," Boyle says. "John's done an early draft. He's done a kind of exploratory draft on it, so we're starting to work on it."

But there is one major hur-

dle to the sequel going forward, as far as Boyle is concerned, and that's getting original stars Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle back together. "We haven't (secured anyone yet)," Boyle says. "I mean, we have to get the script right, because they will only do it if they think the script's good enough, I think. A few of them will obviously think, 'I shouldn't do that. If it's going to be disappointing, it would be really bad.' And they'll each make their own individual decisions. I think we won't do it unless we can get them all."



Director Danny Boyle says one major hurdle is getting the original actors on board. GETTY

Bates to get freaky for American Horror

Filming in The Big Easy. With the subtitle *Coven*, the next season of the haunting TV anthology will feature witches

The third season of *American Horror Story* will be subtitled *Coven*, and add actress Kathy Bates to the series' ensemble, according to the TV anthology's

co-creator, Ryan Murphy.

"We're far enough along in the writing that I can tell you what it's about," Murphy announced to more than 1,000 of the show's fans who attended the PaleyFest panel on the series Friday night at the Saban Theatre in Los Angeles.

Murphy (*Nip/Tuck*, *Glee*, *The New Normal*) confirmed there would be witches in the new season, but failed to reveal any more plot specifics. "It's a really cool story that we've been talking about for a couple of years,

actually, and this seemed the year to do it," he continued, dropping one more tidbit:

After filming the first two seasons on lots and soundstages, parts of series three will be shot in New Orleans. "The fun thing about doing the show is researching what are the really haunted places in America, because every year the institution is one of the lead characters," Murphy explained. "We have another couple doozy locales."

THE ASSOCIATED PRESS



Longtime friends Kathy Bates and Jessica Lange. GETTY IMAGES

Community actors took ownership of characters after creator left: Star

Class is back. Actor says it was tough shooting episodes without Harmon this season, but they soldiered on

It started out as a goofy little series about a community college. Four years later, Community has lost its leader and guiding force as well as one of its stars.

Nevertheless, if this is the last season, for many critics, it stands at the top of its class.

Certainly you won't get an argument about that from two of its lead actors, Danny Pudi and Alison Brie. The pair were in Toronto last month to promote the fourth season, airing Thursday nights at 8 p.m. ET on City and NBC.

Both credit departed creator/show runner Dan Harmon with making Community special.

"I think from the very be-



Danny Pudi says he will always appreciate Harmon, who created his character, Abed. HANDOUT

ginning working on this show, it just quickly became clear that Dan Harmon was going to be pushing the boundaries of what's done on network television," said Brie. "And I think he did it on a regular basis."

Harmon pushed other

boundaries with NBC executives, who fired him at the start of this season. He was offered a role as a consultant but refused to be involved if he no longer had creative control.

He was replaced as showrunner at the start of this season

by writers David Guarascio and Moses Port (who co-created the short-lived comedy Aliens in America). In November, NBC announced that Chevy Chase, who had a very public falling out with Harmon, would also leave the series.

Now in charge

Showrunners have been replaced before

Aaron Sorkin departed The West Wing when NBC got fed up with scripts coming in at the last minute.

Frank Darabont bolted from The Walking Dead when AMC tightened budgets

after the first season. Both of those shows continued on and, in the case of The Walking Dead, even thrived after the departure of their leaders.

Comedy, however, may rely even more heavily on a personal vision. When Amy Sherman-Palladino left Gilmore Girls, that series seemed to lose its distinct voice and only lasted one more season.

"I think we appreciated Dan, and I always will, because without Dan there wouldn't be Abed," says Pudi, who plays the study group's pop culture obsessed film student.

Still, actors have contracts and the show must go on.

"It was tough because there was not a lot of time to grieve," says Pudi. "You were kind of in motion with the production

schedule and before you know it, you're six episodes in."

Brie says the actors all felt more inclined to take more ownership of their characters this season.

"We sort of wanted to help out the new guys," she says, adding that the cast "spoke our minds a little more" and "even added jokes in on set more than we used to." **THE CANADIAN PRESS**

Smash star's CD doesn't ease down the Broadway-diva road

Last week, singer-actress Megan Hilty wrapped her second, and possibly final, season of the TV musical Smash.

But no time for curtain calls — a day later she made her Carnegie Hall headlining debut to a sold-out house. She spent this week racing around New York, getting the word out of her first solo album, It Happens All the Time, which was released Tuesday.

"It's been a whirlwind," Hilty said with a sigh, speaking by phone from what she said was the only quiet spot she could find: the lobby of Marriott Marquis hotel.

The Broadway veteran doesn't ease on down the well-worn Broadway-diva CD-debut road, usually leading to a set of classic standards.

"While I love those albums," Hilty said, "I wanted to do something unexpected."

It Happens All the Time began as an album comprised of covers of songs previously recorded by other artists. "But then Columbia started sending original songs along, and things started to evolve." The result is a collection of wide-ranging genres: modern soul, '70s pop, contemporary alternative.

Talk about marketing night-

No tissues needed

"I guess it is a break up album, but not a cry-your-eyes-out kind of album."

Megan Hilty

mares. "I probably am," Hilty said, laughing. "I don't know what to call it either."

And yet the record is thematically consistent.

"I guess it is a break up album, but not a cry-your-eyes-out kind of album," Hilty said. "That's why we went with It Happens All the Time as the title. People fall in and out of love all the time."

The 31-year-old Hilty said she is in a relationship, though she wouldn't reveal details about her personal life, except to add that she lives in New York and is the proud parent of two Jack Russell terriers.

It wasn't any easier getting Hilty to spill spoilers about Smash, NBC's both revered and reviled saga of the rocky road for a Broadway-bound musical. More than one TV-ratings analyst has dubbed the show Crash as some weeks of the series' second-season viewership have



Megan Hilty poses for a portrait in New York. CARLO ALLEGRI/THE ASSOCIATED PRESS

marked new all-time lows.

"The feeling on the set, from day one, was to work as hard as we can, and enjoy each other," Hilty said. "You can't control any of the rest of it. It's just like life."

When last we left her character, actress Ivy Lynn, she was doing a musical version of Dangerous Liaisons, and her competition for the lead in the Marilyn Monroe musical, Bombshell, Karen Walker (Katharine McPhee), was heading to Broadway.

"I can tell you this one thing," Hilty said.

"Ivy's fate with Bombshell comes all the way down to opening night."

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metro



Kate Middleton ALL PHOTOS GETTY IMAGES

Scrabble turning into a royal competition

Apparently all couples fight, including Prince William and Kate Middleton.

In the new documentary *Our Queen*, British Olympic boxer Anthony Ogogo reveals that Middleton confided to him that both she and her husband have a competitive

streak that comes out particularly when they're playing Scrabble, according to the *Daily Mail*.

"She said when they play Scrabble they don't usually finish a game, because somebody got in a mood and slammed it shut," Ogogo says.

Danny DeVito and Rhea Perlman back together?

For once, some good news in the world of celebrity relationships: Danny DeVito and Rhea Perlman are reportedly back together after separating last fall, according to *People* magazine. "They love each other," a friend of the couple says. "Always have and always will." Their split stunned Hollywood, as the couple had been married for 30 years at the time of their split.

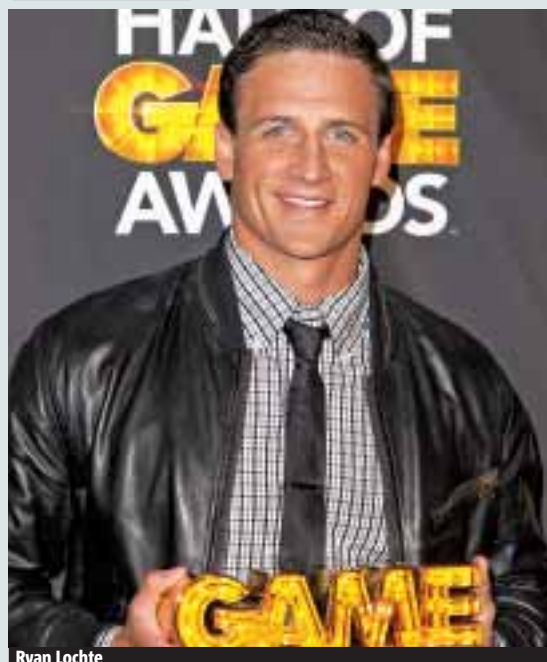


Danny DeVito and Rhea Perlman

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Ryan Lochte

Swift didn't get her mail and everyone else just got hacked

STARGAZING
Malene Arpe
scene@metronews.ca

Matt Damon, John Goodman, George Clooney and Bill Murray go to dinner together. That explains the in-depth comments about independent movies as well as the wry witticisms.

Josh Brolin, Benicio del Toro, Bradley Cooper and Michael Fassbender go bar-hopping together. That explains the trail of broken hearts, haphazardly dropped frilly undergarments and grease repellent.

This week in cancelling and quitting. 1) Rihanna cancels a couple of concerts due to laryngitis. 2) Vince Neil drops out of a Motley Crue concert due to kidney stones. 3) Emma Watson quits the *Cinderella* movie. 4) Justin Bieber cancels one of two Portugal shows due to lacklustre ticket sales.

A number of celebrities, including Beyoncé, Britney

Spears, Donald Trump, Ashton Kutcher, Mel Gibson and Paris Hilton, have had their personal financial information hacked and posted on the web. "OMG!" says Paris Hilton. "I knew it! I'm still a celebrity!"

Sean Lowe, who is fresh off the Bachelor, will be competing on the new season of *Dancing With The Stars*. It's good to know that he has his priorities in order and that they definitely don't include spending time with the woman he'll never marry.

Jennifer Aniston's rep denies a story that Jennifer and Justin will be married in Hawaii really soon. But did the rep deny the story that they'll be married by a warlock in the middle of a cheese pyramid? No, I think not.

Ryan Lochte and Carmen Electra are dating. They have a lot in common because he's a swimmer and she once wore a swim suit on *Baywatch*.

Corerekshon. When we reported that a pile of unopened Taylor Swift fan mail was found in a Nashville recycling bin we meant to add that Taylor Swift is never, ever getting back to you.



Miley Cyrus

Don't jump to conclusions: Miley's ring was simply getting repaired

Miley Cyrus has an explanation for why she was spotted without her engagement ring recently amid rumours of trouble between her and fiancé Liam Hemsworth. The ring was off getting repaired. Cyrus responded to a friend

on Twitter recently who was complaining about having to get her own engagement ring repaired, adding, "That's the worst! I just had a similar situation except when it happens to me then everyone says my wedding is off."

Twitter

**@EmWatson**

Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life.

**@jason_mrzc**

Anybody got access to a kuala bear? Looking for a hug.

**@Sethrogen**

Call me crazy, but I prefer "Wrath of the Titans" over "Clash of the Titans."

**@SarahKSilverman**

I'm not going to let the fact that there's butter on my cell phone make me feel bad about myself & my choices

FROM STEPHENIE MEYER THE AUTHOR OF THE TWILIGHT SAGA

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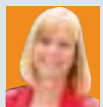
WRITTEN FOR THE SCREEN AND DIRECTED BY ANDREW NICCOL

03.29.13

e one

Travel tidbit

Get on the bus



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

When visiting a new city, one of the best ways to get to know it quickly is via one of the oldest travel institutions: the tour bus.

I've taken tour buses all over, including New York City, London (England) and most recently, Philadelphia. All of them operate on the same basic premise: to get you to as many local attractions as they can, while providing you with historical facts (and usually a few laughs) along the way with an experienced tour guide. In Philadelphia, for example, the Big Bus Tour

was a double decker bus that travelled to the Liberty Bell, Benjamin Franklin's burial site, Independence Hall, even the Philadelphia Museum of Art for a run up the famous Rocky steps.

Most tour companies will offer a "hop on, hop off" option, allowing passengers to get off at prescribed stops near monuments, attractions, etc., spend as much time as they want and simply get on

the next bus.

Many tour companies also have packages that include discounted tickets, and sometimes VIP lines for the attractions where they stop. For families travelling with little children and their equally little legs, this is an easy way to absorb a city. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.**

Exclusively online

Apparently getting a Soho House membership is child's play vs. snagging you a spot in the toddler room at Alphabet Academy. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices



Is your little one ready to graduate to a toddler bed?

Sleep routine. One sleep expert shares her advice for making the transition as painless as possible for you and your big boy or girl

NATALIE SHURE

Metro World News in New York

Easing your child through the transition from sleeping in a crib to a new bed doesn't need to be a nightmare.

Child sleep consultant Amy Lage has made a career out of helping families best approach this crucial moment in a toddler's life.

If your child cannot stay in a crib safely any longer (for example, your little monkey is making a great escape every night to crawl into bed with you) or is asking for a toddler bed, it might be time for Lage's advice.

Why is the transition from



One expert says age three is a great time to transition kids from cribs to beds. ISTOCK

crib to bed so important?

We want to make sure that the entire family is getting as much sleep as possible, and that your children are well-rested. To avoid those middle-of-the-night wake-

ups, it's important to set the tone and do it right the first time. It keeps everybody on track.

Your suggestion of letting a child pick out new sheets

or a bed frame is an interesting idea. Do kids find this exciting?

Yes! Children are always a little nervous about the change. This makes them feel in control of the situa-

tion, which is so important for toddlers. They are so often grasping for control in their lives.

What sparked your interest in this topic? Did you have trouble transitioning your children?

I have a two-year-old and a two-month-old. The older one is actually still in her crib, and will stay until she asks to switch. In the sleep community, we really think it's important to keep children in their crib until they are really ready. I'm a big believer in waiting until three if you can.

Why is three the magic number?

At three, you can reason with them. Before that, most kids really can't comprehend guidelines or why it is important to follow directions. Until they can understand and recognize boundaries, it is so much easier to keep them in the crib, where they can have the best sleep.

Get organized just in time for spring cleaning



Organize the messiest of rooms with hooks and bins. ISTOCK

With spring making its debut on Wednesday, it's time to get your kids' rooms in shape.

"It was nice to be organized 20 years ago," says organizing consultant Kathryn Bechen, author of Small Space Organizing: A Room-by-Room Guide to Maximizing Your Space (Revell, 2012). But given how busy we are today, she says, "it's become a necessity."

Here are some experts' tips on arranging your child's bedroom in ways that will simplify life.

Get them excited

No need for full-scale redecorating. An offer to rearrange items and perhaps add a few new ones will probably get your child excited enough to help shape up her space. "Try to make it fun," Bechen says. "Take one whole Saturday or Sunday for the whole family to work on it."

Pare down

Donna Smalin, author and creator of unclutter.com, suggests having kids help haul every-

thing they own into the hallway outside their room.

When the room is empty, have them bring back in only their favourite or most necessary things. When all the necessities are back in, start discussing what might be good to give away, sell or box up for storing. Reassure the child that items in storage can always come out again later.

Use the walls

Kids are more likely to use hooks than hangers. So add

lots of colourful hooks at your child's level — not just one or two, but a whole row — to store hoodies, jackets and even pants.

Also consider hanging a shoe bag on the back of the door, but don't feel obligated to use it for shoes. It can be filled with socks and underwear, small toys or anything else that needs to be easily located. Another great item is a dry-erase board where kids can keep a checklist of tasks for bedtime and morning.

THE ASSOCIATED PRESS

3 TIPS

Oh what a wonderful workplace: when happiness is getting hired

Staff satisfaction.

A free cup of coffee isn't always the way to make employees love coming to their cubicle

JULIA WEST

Metro World News

Fortune recently released a list of the top 100 companies to work for.

At the top of the list was Google, followed by the analytic software company SAS and CHG Healthcare Services in Salt Lake City.

Each organization varies greatly in size and product, yet they are all developing a positive, successful environment. Looking closer, it appears these companies are do-

ing many of the same things right.

Fun and freedom are a common thread for the companies on Fortune's list.

"If it isn't fun, no one is going to be there for very long. Team outings, ping pong tournaments — whatever fits your culture — create opportunities to laugh and to see each other outside of just your day-to-day professional titles," explains Nick Worswick, corporate vice-president and general manager at Seamless.com.

CHG Healthcare, number three on the list, keeps things lively with employee talent shows and trivia tournaments.

Casual get-togethers and friendly competition often aid in talent recognition and team-building.

These tactics keep em-



What would you prefer? A manager who made sure to listen to your every idea or a waterslide that led to your next meeting? ISTOCK

ployees happy, which is vital in the hospitality business. Coming in at number 28 on Fortune's list was Kimpton

Hotels & Restaurants, owners of Philadelphia's Hotel Palomar and Hotel Monaco.

"At Kimpton, fostering a

Employee perks

It's safe to say we all want work to be fun, but fun isn't the only thing that makes for happy employees.

- "While perks like free cappuccino, rock-climbing walls and nap rooms are very nice, they remain perks," says Doug Claffey, CEO of employee survey company Workplace Dynamics
- "What we have found is that while these benefits are nice to have, they

don't drive true employee satisfaction."

- According to a 2012 Workplace Dynamics survey of 1.7 million workers, people most desire the chance to be heard as well as a "visionary and inspirational leader that employees are confident in."
- It probably doesn't hurt, though, if that leader wants to put in a foosball table.

culture of care with a focus on fun has proven to be a recipe for success," explains Mike Depatie, CEO, Kimpton Hotels & Restaurants.

"Our employees are our brand, which is why we place an incredible amount of emphasis on making them feel their best at work."

Make a question mark

Job search. Was that a candid career query or a trick of the trade?

KELLY PUTTER
CareerBear.com

Interview questions are often a mix of simple, straightforward experience inquiries and trickier ones designed to get a sense of your attitude, personality and work style.

The following questions get trotted out regularly so you should have a response at the ready, recommends Heather McNab, a job interview guru and author of *What Top Professionals Need to Know About Answering Job Interview Questions*.

Where do you see yourself in five years?

Your response to this question should be general because if you make it too specific that might lock you into goals the organization can't deliver on. And, definitely don't go in for the kill, says McNab, by saying you want to be director in two years. That could be viewed



Take a bite out of the job hunt jitters by prepping for interview questions. ISTOCK

as negative. Instead, tell the interviewer you enjoy forward movement and discuss courses and professional development you've undertaken or plan to take that might pave the way. Suggest that you are also open to lateral moves within the organization because that's a great way to learn the ropes.

What are your greatest strengths?

Focus on the strengths that meet the needs of the hiring

organization — with concrete examples. In order to answer this one well and talk about strengths that will solve their problems, you really need to understand the organization, so make sure you do your homework before the interview. "The job description will highlight what they're looking for," says McNab. "It's like the menu and these are all the ingredients for the job candidate ... you want to prove you have each of these ingredients."

What would you change about our company?

Don't say precisely what you would change because you might get it wrong without knowing the company from the inside out. Instead, talk about how you would identify what you'd change. This gives broad strokes about what you'd do in your first 30 days. It also shows them your problem identification skills and how you zero in on opportunities. Say things such as: "I never like to reinvent the wheel" or "I just like to make it work better." These types of statements give the impression that you're not wasteful or a loose cannon. "In a tight economy, that's a good thing to say in most companies," McNab says.

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a guide to higher ground. Find out more at morethaneducation.ca

Éducation en langue
française en Ontario



Give your Eggs Benedict a makeover with asparagus

Adding asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals.

Fibre is also an essential nutrient. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Fibre helps you maintain a healthy weight as it keeps you feeling full longer.

This Eggs Benedict recipe,

Ingredients

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 1 tbsp (15 ml) white vinegar
- 6 eggs
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- 6 slices Dempster's WholeGrains 100% Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- Salt and pepper



This recipe serves six. NEWS CANADA

with asparagus and whole grains, is high in fibre and uses fresh produce.

1. Cook hollandaise sauce according to package directions. Keep warm.

2. Blanch asparagus in boiling water until tender crisp, about 2-3 minutes. Set aside.

3. Bring pot of water to boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added, cook until desired doneness, about 3 minutes for medium poached. Remove eggs from pot with a slotted spoon.

4. Place 2 slices of peameal bacon on each slice of toast, top with slice of cheese, layer of blanched asparagus and a poached egg. Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

NEWS CANADA/ NATURALLYDEMPSTERS.CA.

Healthy eating

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Nothing beats comfort food. The Jack Astor's chain of restaurants does it well, but be careful where you find your comfort.



Jack Astor's Chicken BLT Poutine

1,115 calories / 68 g fat
Fries, garlic mayo and bacon in this version make up three quarters of your daily calories and fat.

Equivalent

One Jack Astor's Chicken BLT Poutine is equal in calories to 23 chicken wings.



Jack Astor's Le Montreal Special with mashed potatoes

686 calories / 25.9 g fat
This corned beef sandwich with potatoes has close to half the calories and a third of the fat of the poutine.

Breakfast. Low-calorie Fresh Fruit Oatmeal



For creamier oatmeal, combine all ingredients, except fresh fruit, and bring to a boil. Continue to cook 5 minutes, stirring constantly.

One 294 gram or 10 ounce serving of this oatmeal comes in at 240 calories.

1. Bring water and milk to a boil in a 1-quart saucepan on medium heat. Stir in oats, cranberries, salt and sweetener. Cook 5 to 8 minutes, stirring occasionally, until thick and creamy.

2. Spoon oatmeal into a bowl and top with fruit. Sprinkle with additional Pure Via sweet-

ener, if desired. NEWS CANADA

Ingredients

- 6 tbsp (90 ml) plus 2 tsp (10 ml) water
- 6 tbsp (90 ml) plus 2 tsp (10 ml) 1% low-fat milk
- 1/2 cup (125 ml) uncooked old fashioned oatmeal
- 4 tsp (20 ml) dried cranberries
- Dash salt
- 1 packet Pure Via zero calorie sweetener
- 1/4 cup (60 ml) fresh fruit (such as blueberries, strawberries or raspberries)

A sweet start to your day: Raisin Pecan Sticky Toast

Surprise everyone at the breakfast table by offering up something a little bit sweeter with this Raisin Pecan Sticky Toast. Not only is it delicious, but it's also simple to make.

1. Heat oven to 425 F. Place raisin bread on a parchment paper lined baking sheet.

Ingredients

Prep time: 5 minutes
Bake time: 17 minutes

- 4 Slices Sun-Maid Raisin Cinnamon Swirl Bread
- 3 tbsp (45 ml) butter melted
- 3 tbsp (45 ml) packed brown sugar
- 1 1/2 tbsp (22 ml) honey
- 1/4 cup (60 ml) chopped pecans
- Orange Glaze (optional)**
- 3 tbsp (45 ml) powdered sugar
- 1-2 tsp (5-10 ml) orange juice



This recipe serves four. SUN-MAID

2. Combine butter, brown sugar, honey and pecans. Divide this nut mixture evenly between bread slices.

3. Bake 5 to 6 minutes or

until top is bubbly and edges toasted. Cool on a wire rack 5 minutes.

4. Stir together powdered sugar and orange juice until

smooth. Drizzle over toast, if desired.

5. Serve slices whole or cut into triangles, squares or fingers for snacks. SUN-MAID

NHL

Key injuries fail to slow down Pens

Sidney Crosby scored his 13th goal, Joe Vitale added his first in more than a year and Tomas Vokoun stopped 31 shots as the Penguins beat the Boston Bruins 2-1 on Sunday for their ninth straight win.

The Penguins moved into the top spot in the Eastern Conference even without reigning NHL MVP Evgeni Malkin — who missed his fifth consecutive game — and played the final two periods without the league's top-scoring defenceman Kris Letang, who didn't return after the first intermission following a seemingly innocuous collision with Boston's Brad Marchand.

THE ASSOCIATED PRESS



Penguin Sidney Crosby takes a stick to the face while battling Bruins Johnny Boychuk.

GENE J. PUSKAR/THE ASSOCIATED PRESS

MLB spring training

Carter, Astros blast Blue Jays

Chris Carter had two home runs and five RBIs Sunday, leading the Houston Astros over the Toronto Blue Jays 11-2.

Carter hit two-run homers in the third and fifth innings against Brandon Morrow, raising his spring training total to four. He also hit into a run-scoring forceout in the first.

THE ASSOCIATED PRESS

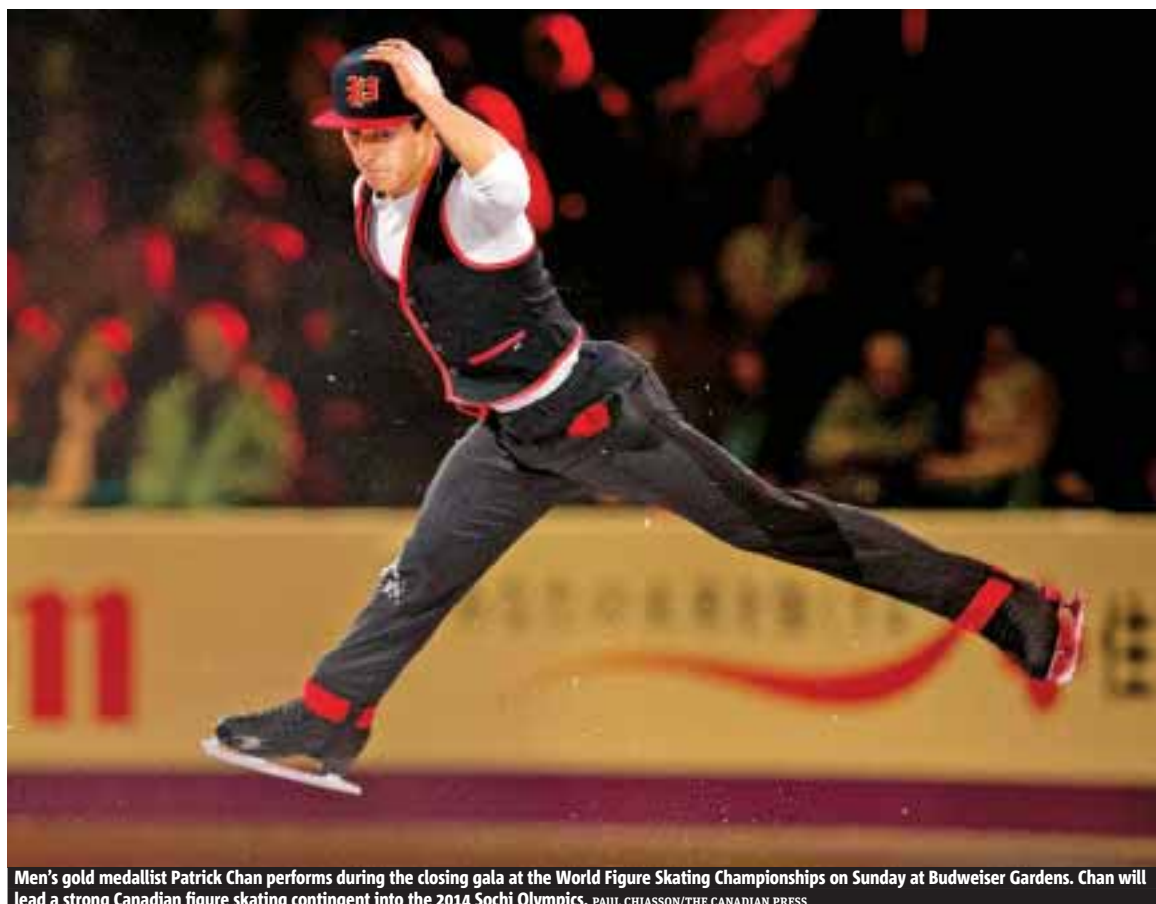
Tennis

Sharapova smashes way to title

Maria Sharapova defeated Caroline Wozniacki 6-2, 6-2 to win her first title of the year at the BNP Paribas Open on Sunday in a final between two former top-ranked players.

Sharapova dictated from the opening game, and faced just two break points on her serve in the nearly one and a half hour match.

THE ASSOCIATED PRESS



Men's gold medallist Patrick Chan performs during the closing gala at the World Figure Skating Championships on Sunday at Budweiser Gardens. Chan will lead a strong Canadian figure skating contingent into the 2014 Sochi Olympics. PAUL CHIASSON/THE CANADIAN PRESS

Canada makes noise ahead of Olympics

World Figure Skating Championships.

Canucks assert themselves as front-runners in team event

Home ice was good to Canada's team at the World Figure Skating Championships.

Now the Canadians plan to make the Sochi arena their own.

From Patrick Chan's third world title to the emergence of young Kaetlyn Osmond and the two pairs teams, the Canadians produced their most successful worlds in several years, setting themselves up nicely for the 2014 Sochi Olympics.

"It came in spades in the results, you couldn't ask for more," said Skate Canada's high performance director Mike Slipchuk.

Canadian skaters captured medals in three of the four disciplines at Bud-

weiser Gardens for the first time since 2008 and came awfully close a couple more times, serving notice Canada will be the country to beat in the new team event in Sochi.

"Seeing the team here, and seeing that we have extremely strong pairs, strong men, strong dance and now ladies with Kaetlyn, I'm so so so pumped to do the team event," Chan said. "If we win a gold medal as a team, can you imagine the energy that we would create?"

The team event, which makes its Olympic debut in Sochi, is the first figure skating event of the Games, and combines the scores of one entry in each of the four disciplines — men, women, pairs and ice dance.

"It's kind of like fantasy football or fantasy hockey. It's like we're picking our team and it's really, really exciting because we get to work as a team," Chan said. "It may not be eight medals like Michael Phelps, but

Podium finishers

MEN'S

Gold — Patrick Chan, Toronto.
Silver — Denis Ten, Kazakhstan.
Bronze — Javier Fernandez, Spain.

PAIRS

Gold — Tatiana Volosozhar and Maxim Trankov, Russia.
Silver — Aliona Savchenko and Robin Szolkowy, Germany.
Bronze — Meagan Duhamel, Lively, Ont., and Eric Radford, Balmertown, Ont.
***4th** — Kirsten Moore-Towers, St. Catharines, Ont., and Dylan Moscovitch, Toronto

WOMEN'S

Gold — Kim Yu-na, South Korea.
Silver — Carolina Kostner, Italy.
Bronze — Mao Asada, Japan.
***8th** — Kaetlyn Osmond, Marystown, N.L.

ICE DANCE

Gold — Meryl Davis and Charlie White, U.S.
Silver — Tessa Virtue, London, and Scott Moir, Ilderton.
Bronze — Ekaterina Bobrova and Dmitri Soloviev, Russia.
***5th** — Kaitlyn Weaver and Andrew Poje, Waterloo, Ont.

it's close enough."

"It rocks," added Kirsten Moore-Towers, who finished fourth in pairs Friday with partner Dylan Moscovitch.

"I think it's definitely ours to win," added Moscovitch. "It's very exciting for us to be part of this generation of

skaters."

The world championships determined the number of entries Canada will have at the Sochi Games, and Canada earned a full three spots in every discipline but women's singles, where the team will have two. THE CANADIAN PRESS

St-Pierre downs Diaz in lopsided win

UFC. Welterweight champ earns eighth-straight title defence

The Georges St-Pierre legacy grows, with another battered body in the UFC welterweight champion's wake.

The latest victim is Nick Diaz, whose bizarre pre-fight attempts to get into St-Pierre's head were rewarded by a lopsided five-round beating at UFC 158 before 20,145 at the Bell Centre on Saturday night.

"He fought the perfect fight," UFC president Dana White said of St-Pierre.

All three judges scored it 50-45 for the champion, awarding him all five rounds.

St-Pierre's 11th straight win adds to his glittering UFC pedigree. The 31-year-old from Montreal has not lost in almost six years, since UFC 69 in April 2007 (a loss he avenged a year later when he won his 170-pound title back from Matt Serra at UFC 83). St-Pierre (24-2) celebrated his eighth straight successful UFC title defence,

Quoted

"This guy has no punching power, no offence, you're a wrestler."

Nick Diaz to Georges St-Pierre at the post-fight news conference.

second only to middleweight champion Anderson Silva's 10. He also tied Silva with most championship fights wins (11).

The Canadian also moved into second place in most championship fights (13). And he now holds the UFC record for most championship rounds at 47, surpassing Randy (The Natural) Couture's 44.

St-Pierre upped his UFC career record of takedowns to 84, landing nine of 16 against Diaz.

"He does a great job at taking guys not only out of their game plan but completely out of their element," White said.

As expected, St-Pierre used his wrestling to control the chirpy challenger, rag-dolling him at times and bullying him on the ground. While St-Pierre dominated on the ground, he did not pass guard as he often



Canadian Georges St-Pierre, left, lands a blow to Nick Diaz of the United States during their UFC 158 welterweight title fight in Montreal, Saturday. GRAHAM HUGHES/THE CANADIAN PRESS

does. The champion cited Diaz's slippery jiu-jitsu style and his own fatigue as the fight wore on. Diaz, a talented boxer, came into the fight on the back

of two performances in which he landed more than 100 significant strikes — 105 in his UFC 143 loss to Carlos (The Natural Born Killer) Condit and 178

in his UFC 137 win over former champion B.J. Penn. St-Pierre may not be a knockout artist, but he won the stand-up game. Stitches on Diaz's left eyebrow

Odd admission

Post-fight...

In one of the stranger post-fight admissions, American welterweight Nick Diaz has confessed to never having paid taxes.

A reporter then asked him whether he was considering changing fight camps.

"I can't be jumping teams. I just have to invest a little bit more, now that I have a little bit more money," Diaz said. "You know what, I've never paid taxes in my life, I'm probably going to go to jail."

"Nobody wants to hear about that, nobody wants to hear that kind of talk or what's really going on with me," he added after reporters laughed.

and lumps around his eyes told the tale of a fight in which St-Pierre hit him 40 times in the head in the first round alone.

THE CANADIAN PRESS

Heat extend streak to 22 with win over Raptors

Miami's record-setting win streak continued where it started thanks to an inspiring speech from Heat veteran Shane Battier.

The 34-year-old forward delivered a rousing team speech the night Miami started its streak in Toronto with victory Feb. 3, and delivered another one Sunday after the Heat defeated the Raptors 108-91 to win their 22nd consecutive game. Of course, some credit should go to LeBron James, who poured in 22 points, 12 rebounds and eight assists to lead Miami's offence, but it was Battier's oratory skills that had the Heat talking after the game.

"We found it fitting for him to give us another speech tonight after the game," said Miami head coach Erik Spoelstra. "I didn't say a word to him, just brought us together and Shane took it from there."

"Coach (Pat) Riley gets paid close to six figures for his speeches. I don't know what Shane should charge now, but he should get something."

Dwyane Wade had 24 points and nine assists while Chris Bosh chipped in 18 points for the Heat (51-14), who matched the 2007-08 Houston Rockets



Miami Heat's Dwyane Wade shoots over Toronto Raptors' DeMar DeRozan during second-half NBA action in Toronto on Sunday. THE CANADIAN PRESS

at 22 and now trail just the 1971-72 Los Angeles Lakers (33). Miami moved ahead of the 1970-71 Bucks (20) on Friday, fittingly, in Milwaukee.

"We're doing it for one another, and just want to try and keep it going. It's not about the streak, it's about us getting better each and every day. Preparing to win each and every night," said James.

It was another Miami veteran making a difference on the court Sunday as sharpshooter Ray Allen scored 14 of his 20

points in the fourth quarter as Miami pulled away.

Battier, who delivered his first memorable speech on Super Bowl Sunday, said there's no special magic to his words.

"I talk from the heart," he said. "And I'm an old man around here. I've seen a few things, played for some great coaches. Seize the moment, enjoy the moment, it's easy to get caught up in the past, but enjoy where you are right now, and you'll live a happy life."

THE CANADIAN PRESS

MLB

Stomach virus knocks Halladay out of spring training game

Roy Halladay left after one inning because of a stomach virus in the Philadelphia Phillies' 5-3 win over a Baltimore Orioles' split squad on Sunday.

Halladay allowed one hit and a walk.

He was sweating profusely when he was pitching and at one point bent over behind the mound.

The two-time Cy Young Award winner was roughed up in his previous start and said he felt "lethargic" afterward.

He insisted he had no injury.

Halladay missed almost two months last year with a shoulder problem.

Zach Miner took over for Halladay in the second inning and allowed one run on four hits in two innings.

Freddy Galvis hit a two-run homer for the Phillies — homering on St. Patrick's Day for the third straight year.

THE ASSOCIATED PRESS

Ski cross. Canada's Marielle Thompson races to silver in World Cup event

Canada's Marielle Thompson took the silver on Sunday in women's World Cup ski cross.

The skier from Whistler, B.C., finished second behind World Cup leader and world champion Fanny Smith of Switzerland, who won all three of her starts in style after failing to qualify for the finals the previous day.

Smith has 576 points at the top of the standings, followed by France's Ophelie

David at 487.

In the men's race, world champion Jean Frederic Chapuis of France held off Germany's Armin Niederer, helping Alex Fiva of Switzerland clinch the World Cup title.

Fiva won the small final to keep an insurmountable 105-point lead over Niederer in the standings with one race left.

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Fanny Smith of Switzerland, centre, Canada's Marielle Thompson, left, and Katrin Mueller of Switzerland pose on the podium following the FIS Freestyle Skiing World Cup women's Ski Cross in Are, Sweden, Sunday. Smith placed first, Thompson second and Mueller third.

JANERIK HENRIKSSON/SCANPIX SWEDEN/THE ASSOCIATED PRESS



Horoscopes

Aries

March 21 - April 20

It may annoy you that you have to explain to others how to do something yet again but some people will be slow in mind as well as body today. Be patient. It will be appreciated – and more effective in the long-term.

Taurus

April 21 - May 21

If there is something you feel you have to say then say it immediately. The longer you leave it the more controversy there will be when your words do finally come out. It's an important issue, so speak up.

Gemini

May 22 - June 21

The things you want seem to be coming to you without much of an effort, which is nice, but think how much more you might achieve if you did put yourself out a bit. The world is yours – if you want it.

Cancer

June 22 - July 23

For some reason various people have got it into their heads that you are a bit of a cold fish. Act with compassion and they will see you in a new light. Act as if you don't care and it will confirm their beliefs.

Leo

July 24 - Aug. 23

However gloomy your current situation may be it WILL have a happy ending. That may not seem likely right now but before the day is over you will see a glimmer of hope – that will soon be a glaring light.

Virgo

Aug. 24 - Sept. 23

Once you start on a new course you won't be able to stop, so make sure it's what you really want to be doing. If you have any doubts you should back off a bit.

Libra

Sept. 24 - Oct. 23

No sooner is one emergency dealt with than another comes hammering at your door. But that's okay, you will take it all in your stride. Your reputation as a fixer will improve in leaps and bounds today.

Scorpio

Oct. 24 - Nov. 22

Happiness is nothing more than a state of mind, so think pleasant thoughts and most likely you will have a very pleasant day.

Sagittarius

Nov. 23 - Dec. 21

Take what your heart tells you on trust today and don't worry about backing it up with facts and figures. You should know by now that if you back your hunches there is every chance they will pay off.

Capricorn

Dec. 22 - Jan. 20

The more you worry the more you will give yourself something to worry about. Negative thoughts encourage negative events, so be positive at all times and believe that only good things will happen.

Aquarius

Jan. 21 - Feb. 19

A friend or work colleague has a lot to say for themselves but if you analyze their words you will come to the conclusion that they are talking nonsense. Don't worry about their feelings: tell them what you think.

Pisces

Feb. 20 - March 20

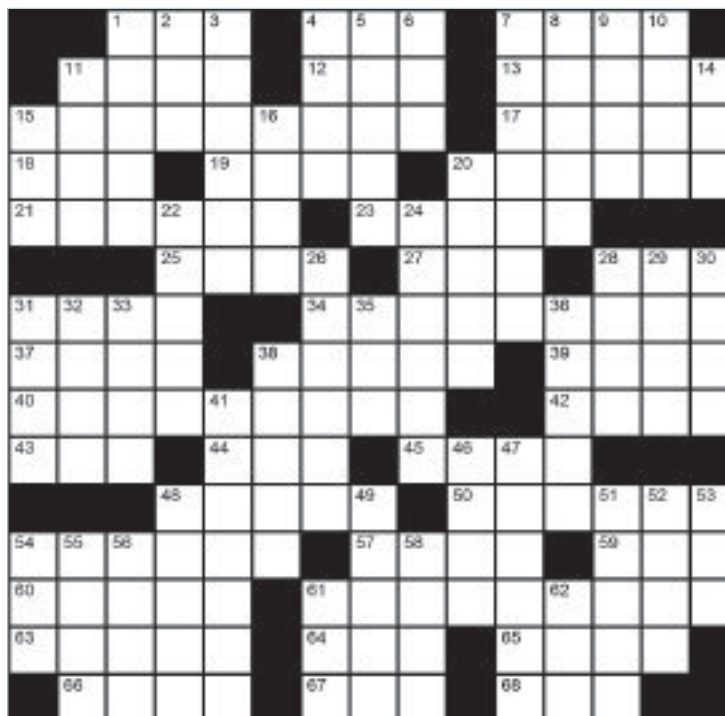
Push money and work worries to the back of your mind where they belong. Family and friendships are what you should be concentrating on. Is there someone you have not seen much of lately? **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- "Pulp Fiction" (1994) name
- IV units
- ___ Lewis & The News
- Comparison word
- Particular plaintiffs!
- Beneath
- New ___
- Boaster's retort: 2 wds.
- 'Speed' suffix (More quick)
- ___ & Grace
- CBC's "The Fifth ___"
- Like many a necklace
- Representative
- Fertilizer ingredient
- 'Hallow' add-on
- Philosophical†principle
- Author, Earl ___ Biggers
- Quebec's Eastern ___

- Whizzes
- Angelic
- Butter substitute
- Canadian pop/opera quartet: 2 wds.
- The Himalayas, e.g.
- Perfect
- As well
- Domesticated
- Long-standing tiffs
- American store replacing Zellers
- Classical composer
- ___ & The Gang
- Lyric poem
- Mr. Cassidy (1970s heartthrob)
- Like King Tut's



- remains
- Shania Twain's "I'm ___ Getcha Good"
 - Alcoholic beverage
 - U.S. state, for short
 - "Kiss from a Rose" singer
 - CNN's sister station
 - Unit of work

Down

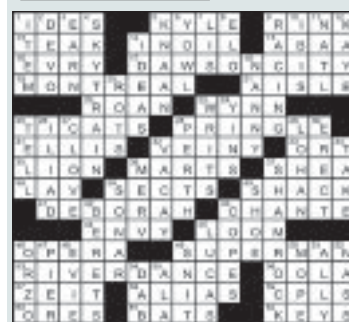
- "Star Trek" character
- "I'm Your ___" by Leonard Cohen
- Barenaked Ladies' "Call and ___"
- Spring
- Go by bike
- Roughriders, on scoreboards

- The Bay's back-to-roots name, ___ Bay
- Accord
- Old Icelandic literary work
- Beatles ballad, briefly
- Forest fixture
- ___ v. Wade
- Diner's shirt protector
- Broad

- Happening
- Fred of Limp Bizkit
- Most modern
- Canadian author Margaret
- Pinball infraction
- "Does anyone have ___?" (Notepad-holder's query)
- Bears, in Barcelona
- Info
- Canyon feedback
- Stench
- Atop, in verse
- Bart Simpson's dad
- Anteater's nozzle
- Jim Carrey movie, "___ Sunshine of the Spotless Mind" (2004)
- Director Mr. Egoyan
- Venom
- Flora and ___
- Palaeontological find
- Auctioneer's word with Once, Twice...
- Shangri-la
- Keanu's 'excellent' character
- Food additive letters
- Cries of surprise!
- "Titanic" (1997)

- star Billy
- Harbinger
- ___jongg
- 'F' in FWIW

Friday's Crossword

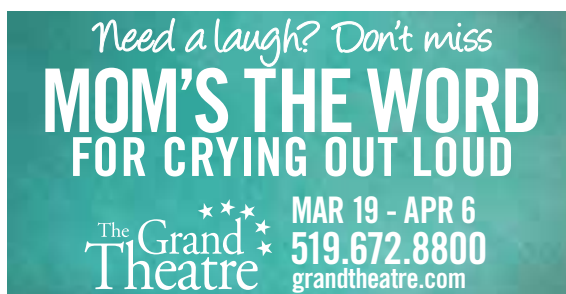
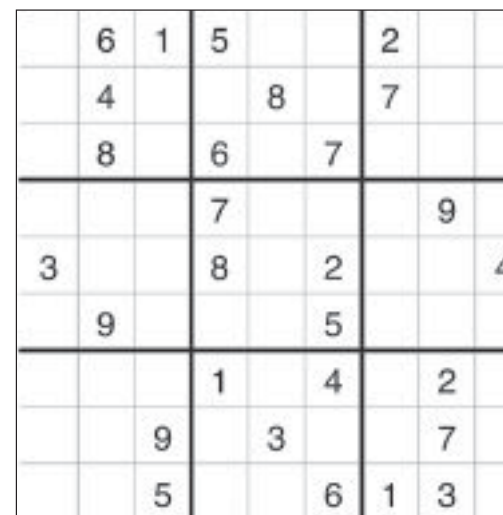


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Inspiring Possibilities

Our Mission

Community Living London is a registered charity dedicated to supporting people with intellectual disabilities and their families to live fulfilled lives.

Our Vision

Valued People. Inclusive Community

About Us

As one of London's biggest and oldest non-profit organizations, Community Living London is dedicated to advocating for and developing services that will enable people with intellectual disabilities to become fully participating and contributing members of our community.

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**Thank You London for helping us to
Inspire Possibilities for over 61 years'**

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